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References

Other publications on foods and nutrition available from the United States Department of Agriculture:

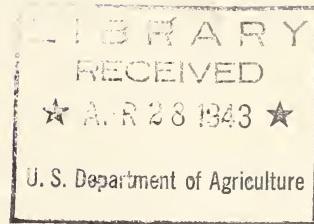
- Eat the Right Food to Help Keep You Fit
- 3 Market Lists for Low-cost Meals
- Market Lists for Moderate-cost and Liberal Meals
- Dried Fruits in Low-cost Meals
- Dried Beans and Peas in Low-cost Meals
- Green Vegetables in Low-cost Meals
- Root Vegetables in Low-cost Meals



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Food for growth



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U. S. DEPARTMENT OF AGRICULTURE

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UNCLE SAM wants school boys and girls to help him make this country strong. He wants you to eat the right food to grow tall and sturdy, with a bright mind and a healthy body.

If you are in the fourth grade this year, or the fifth or sixth, you are grown up enough to choose for yourself the foods that give you strong, straight bones, sparkling teeth, shining hair, and plenty of pep for work and play. You know some foods are better builders than others.

You girls know carrots won't make your hair curl, but they will help to keep your skin clear. You boys know one plate of spinach won't turn your muscles to iron, but plenty of vegetables will help you grow strong and husky, and keep your skin smooth, too.

For strength . . . good health . . . good looks . . . you need these foods every day:

Milk—At least 2 cups to drink, or in your food; 3 or 4 cups are better.

Vegetables and Fruit—At least four kinds . . . one from each of these groups: 1. Potatoes or sweetpotatoes. 2. Tomatoes, oranges, or grapefruit. 3. Green and yellow vegetables. 4. Other vegetables or fruit.

Eggs, Meat, Poultry, or Fish (Sometimes Dried Beans or Peas)—At least one helping of one of these.

Bread, Cereal, Cookies, and Cakes—Some of these made from the whole grain, or "enriched" flour.

And you need 4 to 6 glasses of water a day.

Uncle Sam says, "Be sure to eat these foods. Then eat anything else you want." Of course, you will not eat much candy because it is patriotic to use less sugar now . . . and better for your health, too.

The Milky Way

Are you proud of your smile? Are your teeth sound and shining? Then say "thank you" to your friend the cow, whose milk is the best tooth builder you can find. It contains more calcium than any other food . . . calcium is the stuff that helps make strong teeth and bones.

Soldiers, aviators, and football players drink milk every day, because milk also builds muscle. While you are growing, you can make good use of as many as 4 cups a day, counting the milk on cereal, and the milk you get in soup, creamed vegetables, cheese, custard, ice cream, pudding, and in other ways.

You can drink buttermilk instead of sweet milk, or put chocolate into your sweet milk if you like it that way.

Something Colored . . . Something Crisp

Green and yellow vegetables give you vitamin A for good health.

The leafy, green vegetables, like turnip greens and collards and spinach, are just about tops in two vitamins, and they also contain iron. They help to keep you from having colds and give you a good color.

Have tomatoes, an orange, or a grapefruit, or their juices, every day, to help keep your teeth and mouth healthy. And don't forget white potatoes or sweetpotatoes, at one meal each day. But when you have a good helping of dried beans or peas, you don't need potatoes at the same meal.

All vegetables do not need to be cooked. Chew crisp, raw carrots and celery and cabbage to give your teeth and gums some exercise. Eat raw vegetables in salads.

Fruit makes a good dessert . . . apples, peaches, strawberries, watermelon. How many different fruits and berries have you tasted?



The Building Foods

Your building foods are meat, poultry, fish, eggs, milk, cheese, and dried beans and peas. You need one or more of these every day.

Remember it is the "lean" and not the fat of meat that builds muscles. Meat gives iron for red blood, too. Poultry means the meat of the winged creatures on the farm . . . chickens and turkeys, geese and ducks.

Fish and other sea food are first-rate building foods, and in case you are a good fisherman, you can bring home part of the dinner yourself, now and then.

Eggs contain everything baby chicks need to make them grow . . . so you know they will help you grow, too.

You already know that milk and cheese help build bones and teeth.

The best builders among vegetables are dried beans and peas. You'll like them as the main dish at dinner, sometimes.

Energy Foods To Make You Go

How many miles do you cover in a day, walking, playing games, skating, climbing stairs, and helping around the house? Most of your power to do these things comes from energy foods . . . bread, cereal, sweets, fats.

Some of your energy food each day should be cereal or bread made of the whole grain. Whole-grain cereal and flour contain the bran layers and the heart of the kernel, which have been lost from refined cereals and plain white flour.

"Enriched" bread and flour contain vitamins and minerals which ordinary white bread and flour do not have, but the taste is the same.

Rice, grits, macaroni, spaghetti, and noodles also are energy foods . . . not vegetables as some people think. When you eat them, you do not need so much cereal and bread.

Grade Yourself In Eating . . .

What is your mark for today? On the next page is the food score card for boys and girls from 9 to 12, which will show how smart you are in choosing your food. Give yourself 10 for each listed food you have eaten today. Add up your score. Then subtract 10 if you ran off to school without eating breakfast. Subtract 10 for each time you have eaten candy or sweets before meals.

If your grade is low, try to raise it by choosing better food every day this week. Then score your eating again next week, and see how many points you have gained.

... And Then Go Into Action

What action can you take in Uncle Sam's home-defense army of boys and girls doing a 100-percent job of eating? How can you help yourself to get good food every day? Talk it over with your mother and father and your teacher.

Maybe you can get up earlier, to have more time for breakfast. Maybe you can help pack better lunches to carry to school . . . or pick out different foods at the school cafeteria. Perhaps you are missing noon dinner at home. If you are, why not ask your mother to have the main meal at night?

If you live in the country you can help feed the cows . . . or help raise calves, baby pigs, and little chicks. You can plant vegetables and work in the garden.

If you live in town, you can help your mother choose the foods you need when she buys.

Girls, and boys too, can learn to cook vegetables so that none of the best parts are wasted. Cook them in a very little water, without soda, and stop cooking them as soon as they are tender. Learn to make salads from raw vegetables.

Uncle Sam gave you this job to do for him: Eat the right foods to make you strong.



HOW WELL DID YOU CHOOSE YOUR FOOD TODAY?

What you ate	How much and what kind	Your grade today	Your grade 2d week	Your grade 3d week	Your grade 4th week										
	<p style="text-align: center;">Points</p> <table> <tr> <td>1 cup of milk.....</td> <td>10</td> </tr> <tr> <td>2d cup of milk.....</td> <td>10</td> </tr> <tr> <td>3d cup of milk, or more.....</td> <td>10</td> </tr> </table>	1 cup of milk.....	10	2d cup of milk.....	10	3d cup of milk, or more.....	10								
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	<table> <tr> <td>Potatoes or sweetpotatoes.....</td> <td>10</td> </tr> <tr> <td>Tomatoes, or orange, or grapefruit.</td> <td>10</td> </tr> <tr> <td>A green or yellow vegetable.....</td> <td>10</td> </tr> <tr> <td>Another vegetable or fruit.....</td> <td>5</td> </tr> <tr> <td>One of your vegetables or fruits raw</td> <td>5</td> </tr> </table>	Potatoes or sweetpotatoes.....	10	Tomatoes, or orange, or grapefruit.	10	A green or yellow vegetable.....	10	Another vegetable or fruit.....	5	One of your vegetables or fruits raw	5				
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	<table> <tr> <td>One or more helpings of eggs, or meat, or poultry (or dried beans or peas).....</td> <td>15</td> </tr> </table>	One or more helpings of eggs, or meat, or poultry (or dried beans or peas).....	15												
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	<table> <tr> <td>Whole-grain cereal.....</td> <td>5</td> </tr> <tr> <td>At least 2 slices of whole-wheat or enriched bread.....</td> <td>10</td> </tr> </table>	Whole-grain cereal.....	5	At least 2 slices of whole-wheat or enriched bread.....	10										
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	<p>Did you skip breakfast?..... Subtract 10</p>														
	<p>Did you eat sweets before meals? For each time ... Subtract 10</p>														
	<p>Your eating grade..... Perfect is 100</p>														